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Food and Home Notes

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——Marketing Seasons

Lamb is naturally delicate, tasty and tender because it's from animals usually less than one year old. It's nutritious; a serving provides a high amount of protein and significant quantities of vitamin B-1, according to USDA home economists.

* * *

Remember, all meat must be inspected for wholesomeness by State or Federal inspectors — but grading is a voluntary service.

* * *

Most lamb cuts can be oven roasted, broiled or pan-broiled. Lamb should be cooked until internal temperature is 175° or 180 degrees F.

* * *

"London Broil" usually means a flank steak which is a less tender cut than some beef but it's often marinated to help tenderize and flavor it. It's usually cut very thin and cut on a diagonal slice for serving.

* * *

Dry whole milk is pasteurized whole milk with the water removed.

ON DOING LAUNDRY AT HOME

— IS IT WORTH IT ?

How much does it really cost to wash and dry laundry at home? Estimated costs are dependent upon five variables according to figures computed by family economists at USDA's Agricultural Research Service. It depends on the initial cost of the laundry equipment, how frequent it is used, the quantities of fuel and water used, the rates paid for the utilities — and the cost of detergents.

Figures are based on an automatic washer and dryer bought on credit and costing \$305 and \$299; figured on the expected lifespan of the equipment (with costs distributed over the lifespan). Five percent of the purchase price was added to cover the cost of repairs for a year.

An estimated cost for three loads of laundry is 53¢; and 46¢ for four loads per week (using hot water wash). Using cold water, the cost drops 4¢ per load. The drying period (electric) would cost 39¢ for three loads and 34¢ for 4 loads. Or — for three complete loads per week (wash and dry) the estimate is 92¢. It drops down to 80¢ for four loads.

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Estimated cost per load of laundry done at home in the Washington, D.C., area, 1975 costs

Item	Number of loads done at home per week					
	3	4	5	6	8	10
TO WASH						
8 pound load:						
Equipment ¹	\$0.28	\$0.21	\$0.16	\$0.14	\$0.10	\$0.08
Operation ²09	.09	.09	.09	.09	.09
Supplies ³	<u>.11</u>	<u>.11</u>	<u>.11</u>	<u>.11</u>	<u>.11</u>	<u>.11</u>
Total:						
With heated water48	.41	.36	.34	.30	.28
With cold water44	.37	.32	.30	.26	.24
12-pound load:						
Equipment ¹28	.21	.16	.14	.10	.08
Operation ²10	.10	.10	.10	.10	.10
Supplies ³	<u>.15</u>	<u>.15</u>	<u>.15</u>	<u>.15</u>	<u>.15</u>	<u>.15</u>
Total:						
With heated water53	.46	.41	.39	.35	.33
With cold water49	.42	.37	.35	.31	.29
14-pound load:						
Equipment ¹28	.21	.16	.14	.10	.08
Operation ²12	.12	.12	.12	.12	.12
Supplies ³	<u>.17</u>	<u>.17</u>	<u>.17</u>	<u>.17</u>	<u>.17</u>	<u>.17</u>
Total:						
With heated water57	.50	.45	.43	.39	.37
With cold water52	.45	.40	.38	.34	.32
TO DRY						
50 minutes:						
Equipment ¹18	.13	.11	.09	.07	.05
Operation ⁴	<u>.14</u>	<u>.14</u>	<u>.14</u>	<u>.14</u>	<u>.14</u>	<u>.14</u>
Total32	.27	.25	.23	.21	.19
45 minutes:						
Equipment ¹18	.13	.11	.09	.07	.05
Operation ⁴	<u>.21</u>	<u>.21</u>	<u>.21</u>	<u>.21</u>	<u>.21</u>	<u>.21</u>
Total39	.34	.32	.30	.28	.26
60 minutes:						
Equipment ¹18	.13	.11	.09	.07	.05
Operation ⁴	<u>.29</u>	<u>.29</u>	<u>.29</u>	<u>.29</u>	<u>.29</u>	<u>.29</u>
Total47	.42	.40	.38	.36	.34

¹Estimates based on a new automatic washer costing \$305 and a new electric dryer costing \$229 on a 24-month installment plan, with average life expectancy of about 11 years for washer and 14 years for dryer and 5 percent of cost of appliances per year allowed for repairs.

²Includes cost of electricity to operate washer, water, and gas to heat about two-thirds of the water. Based on 1975 rates in the Washington, D.C., area. Amount of water adjusted for size of load.

³A detergent and a disinfectant at 1975 prices in the Washington, D.C., area. Amounts adjusted for size of load.

⁴Includes cost of electricity to operate dryer.

ON HOUSING

—— AND REHABILITATION

Thinking of restoring an old house? Appraisal and evaluation must be considered first — but, there may be a new life for some old dwellings according to a recent publication developed by the Forest Service, U.S. Department of Agriculture. Whether or not a house is worth rehabilitating can only be determined by inspecting the house and evaluating the necessary repairs in comparison with the value of the finished product. A well-built house properly maintained does not wear out, according to the Forest Service...at least not over a period of several hundred years.

If the foundation and frame of the house appears in good condition — or in reasonable repair — it's worth considering the other steps in your evaluation. The cost of buying and rehabilitating the house should not exceed the fair market value of houses in the area. A general rule of thumb might be that the house should not exceed two-thirds of the cost of a comparable new home. Location and sometimes sentimental value... might justify spending more although the latter is of no value to anyone else.

A handbook for the appraisal and rehabilitation of older homes has been prepared by the Forest Products Laboratory of the USDA's Forest Service. Consideration is suggested for the whole house from interior to exterior — insulation and control of moisture to the mechanical parts; plumbing, heating and electrical work. A general layout plan is offered for expansion within the house as well as remodeling and reconditioning details. For a person about to invest in real estate or who plans to update a family home the booklet "New Life for old Dwellings" (Agriculture Handbook No. 481) is available from Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 - Price \$1.70.

NON-CITRUS FRUITS — AND THEIR MARKETING SEASONS

Apples.....All South Atlantic States, Kentucky, Tennessee, Indiana, Illinois, Missouri, Arkansas, New Mexico, and California, June 1 to May 31; all other states, July 1 to June 30, except Washington and Oregon where the bulk of the crop is marketed August 1 to July 31.

Apricots.....Fresh fruit: May 25 to August 20 — Canning: June 15 to August 15 — Dried: California June 20 to August 20.

Avocados.....California — October 1 to September 30 — Florida — July 15 to March 1.

Cherries.....Fresh fruit — sweet varieties, May 1 to August 15 — tart varieties — June 15 to August 20.

Cranberries.....September 5 to April 1.

Dates.....August 15 to March 15

Figs.....Fresh fruit: June 5 to October 15 — Canning: August 1 to October 15 — Dried: California June 20 to October 31.

Grapes.....Fresh fruit — California, May 25 to April 30; Arizona, June 5 to July 15; all other states, July 10 to October 31.

Crushed for juice, wine and brandy — August 1 to December 15. Dried for raisins — California, September 1 to May 30.

Nectarines.....California, June 10 to August 31.

Olives.....September 25 to March 15

Peaches.....Fresh fruit — Georgia and South Carolina, May 20 to August 31; other South Atlantic States, South Central States and California, June 1 to September 30; New England States, New York, Michigan and Idaho August 1 to September 30; all other states July 1 to September 30.

Canning — California July 1 to September 10.

Dried — California, August 1 to October 10.

Pears.....Fresh fruit — California, July 1 to April 30; Washington and Oregon August 10 to May 31 other states July 1 to December 15.

Persimmons.....September 25 to January 10

Pomegranates.....September 15 to November 10

Plums.....Fresh fruit May 25 to September 30 — Canning June 1 to September 30

Prunes.....Dried — August 15 to April 15

Prunes and Plums.Fresh fruit and canning — August 10 to October 20

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